



JOIN US FOR AN ESSENTRICS® WORKOUT

What is Essentrics®?

Dynamic and easy to follow—Essentrics® is an exercise program for all ages that combines strengthening and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely, and with full range of motion

- Create a youthful feeling body
- Unlock tight muscles and joints
- Increase flexibility, mobility, and balance
- Strengthen the spine and core
- Improve posture

This workout will activate all your muscles, free your joints, and increase mobility

Registration form here: <https://forms.gle/BEWmqfxwkE84LEbZ7>

Join in the next class to see what it is all about!

Mondays, April 22 – May 20, 2024 (5 Mondays)

Lewiston Community Center

9:00 – 10:00 a.m.

Cost: \$35 payable to ISD 857

Karen Schultz, Certified Instructor

** Watch for more classes to be offered this Fall